

Train Your Children to Save Money



Even a child can save money, if he receives the proper training. He should early be instructed in the use and value of money. He should have an opportunity to practice self-denial to earn and save money. A good incentive is to open accounts for your children with the Empire National Bank and see that they make regular deposits.

4 Per Cent interest paid on Savings Accounts
Pocket Banks Loaned Free to Depositors

EMPIRE NATIONAL BANK

MAIN AND FOURTH STREETS, CLARKSBURG, W. VA.

Capital \$250,000 Surplus and Profits \$100,000 Deposits Over \$1,200,000.00

V. L. HIGHLAND, President.
PERRY C. WILLIAMS, Vice-Pres.

J. S. FARIS, Vice-President.

E. B. DETSON, Cashier.
J. N. HESS, Asst. Cashier.

MINES IDLE

As a Result of the Big Shortage of Cars in the Region.

Twenty-nine of the forty mines operated by the Consolidation Coal Company in this region are idle on the account of no car supply.

The Baltimore and Ohio Railroad Company has not been able for some time to keep the supply of coal cars equal to the demand.

During the last two weeks the car supply has been worse than for a long time. Only half time has been made by the mines for the last fourteen days.

The smaller companies are experiencing the same trouble. The tonnage for the month of December will be cut down very materially in this region on account of the operators being unable to get transportation for the moving of their product.

The coal trade is very good. The operators have plenty of orders to keep the mines in steady employment. The only trouble that they

are experiencing is the lack of railroad facilities.

The improvements on the road between here and Cumberland has interfered with the moving of trains considerably but there is something else wrong now. Never was the car situation so acute since President Willard took charge as it is now.

It is said that the motor power of the road is very much run down and that this is largely responsible for the condition here.

DEEDS FILED

In the Office of the Clerk of the County to Be Recorded.

James A. Drummond to Ira L. Criss, 1 lot, Lumberport.

William H. McWhorter to George A. Titus, 1 lot, Grant district.

H. W. Harmer, special commissioner to J. B. Sandusky, to F. B. Davis, 1 lot, Bridgeport.

Davis-Hornor Company to D. A. Silcott, 1 lot, Grassell.

Fair Grounds Improvement Company to Cora B. King, 2 lots, Clark district.

PLAYS AND PLAYERS

The Grand was hardly large enough to hold the people who wanted to see "Still Water Runs Deep," presented by Hyde's Theatre Party at this theatre last night, the house being practically sold out. The play as presented by this capable company proved a treat for the patrons of popular priced amusement. Nothing has ever been seen here at this scale of prices that could compare with it as far as strength of play, excellent acting and completeness of stage embellishments are concerned. This evening another big audience is expected to see the presentation of "The Texan." The company contains many actors who have more than passing ability and they portray their parts with skill. "The Texan" is said to be one of the best western bills ever written.

MEETING.

The Brotherhood of Painters will hold a meeting in the Williams building Friday 7:30 p. m. All members are requested to be present. A. L. Keating, Financial Secretary.

IN FIVE MINUTES

Amel-Monach Feels Splendid
M-O-N-A stomach tablets will relieve a distressed, sour or weak stomach in five minutes.

In three days they will make the most miserable or cranky dyspeptic feel that there is plenty of sunshine in life.

In a week he will have an appetite for and will eat without any bad after effects food which now causes his stomach to strenuously rebel.

At continued for from two weeks to a month M-O-N-A will thoroughly renovate and cleanse the stomach and will compel it (no matter how obstinate it may be) to throw off its weakness and become, as nature intended it should be, strong and elastic.

If you have a coated tongue, heartburn, sour food upheavals, uneasiness in stomach, bad dreams or any kind of stomach trouble put your faith in M-O-N-A tablets.

Fifty cents is all a large box of M-O-N-A cost at Wells & Haymaker Co. or leading druggists everywhere on money back guarantee. Write Boothby M-O-N-A, Buffalo, N. Y., for free trial sample.

WITNESS JAILED

Along with the Man He Accuses of Being a Bootlegger.

George C. Jenkins, of Newburg, was brought here Thursday morning by E. D. Hupp, United States deputy marshal, to answer before A. C. Moore, United States commissioner. He is charged with violating the internal revenue laws December 1 by Thomas M. Walker. The latter came along as a witness. The commissioner fixed the bond of Jenkins at \$300 and the usual bond of \$100 for the witness. Neither was able to furnish bond and they were both sent to jail and will be taken to Parkersburg for the term of federal court there in January. The arresting officers believe that the witness is a worse bootlegger than Jenkins.

MARRIAGE LICENSES.

Marriage licenses have been issued by the county clerk and his deputies as follows:

Charles O. McVicker and Myrtle Meredith.

Tilbert H. Gain and Glennie Reynolds.

W. A. Roberts is a business visitor here from Elkins.

CROWDED HOUSE FOR THE DUNBAR

Company Which Presents a Very Pleasing and Entertaining Program.

The Dunbar Company, of Chicago, Ill., delighted a large audience with a miscellaneous program at the First Methodist church Wednesday night. The members of the company are C. C. Robinson, tenor and pianist; Ralph Dunbar, tenor and cellist; Harry Dunbar, baritone, reader, and flutist; and J. L. Felgar, bass.

Many considered the selections performed on the bells the feature of the program, but several other numbers were almost if not equally as good. The readings by Harry Dunbar were well applauded, and his charming personality combined with his skill as an impersonator made a hit with the audience. The cello solos by Ralph Dunbar were very good. Mr. Felgar's deep bass voice showed up to good effect in his rendering of the solo, "A Sailor Song," composed by Mr. Robinson, the pianist of the company, who played the accompaniment. The company rendered the following program:

Quartet—(a) "The Old Brigade," (b) "Mammy's Ill Honey," (c) "Women."

Bells—(a) "Red Wing," (b) "Sweet and Low," (c) "Joy to the World." Reading—(a) "Penance" (negro story), (b) "Mary Jined the Club," (c) "Italian Story."—Mr. Harry Dunbar.

Cello—(a) "Caprice Hongroise," (b) "Love's Old Sweet Song," (c) "Serenade Badine."

Bass Solo—(a) "A Sailor Song," by Robinson; (b) "When the Corn is Waving," (c) "Corporal's Ditty"—Mr. Felgar.

Quartet—(a) Suite, (1) "The Elfin man," (2) "A Summer Lullaby," (3) "The Drum," (b) "Too tall e oo rale ay," (c) "Old Oaken Bucket."

Trio, flute, cello and piano, (a) "Barcarolle," by Offenbach, (b) Hungarian Dance in D, by Dvorak.

Bells—(a) "Reverie" (chimes), (b) "Intermezzo," by Mascagni, (c) "Onward."

Quartet and bells—"Nearer to Thee." The company carries with it 195 bells, ranging in weight from 22 pounds to 4 ounces, and in diameter from 16 inches to 2 inches.

It has played in every state of the Union but one, as also Canada, Germany, England and France. It is now enroute to the Pacific coast. This is its tenth season.

Bristol Items

Budget of News Sent in from the Town Just East of Salem.

BRISTOL, Dec. 15—There is much sickness in and around this place. Mrs. Thurman-Rice is quite ill with tonsillitis. Miss A. Law has a sore foot.

Mrs. H. A. Robinson and children have arrived here from Boulder, Colo. They expect to remain the remainder of the winter.

W. J. McPherson is attending to business in Parkersburg. He will visit his farm near there and do some butchering.

T. W. Keasy has purchased a lot of fine articles for Christmas.

The skating rink is proving quite an attraction.

COMING HOME

Is Mrs. Nisbaum Who Has Been Visiting Her Daughter in South.

The Memphis, Tenn., Commercial Appeal contains the following:

Mrs. M. A. Nisbaum, who has been visiting her daughter, Mrs. Seymour Goodwin, of Poplar avenue, for the last six weeks, will leave in a few days for her home in Clarksburg, W. Va. While here in Memphis Mrs. Nisbaum has been complimented by many social attentions, several very pretty affairs having been given in her honor.

SENT TO JAIL.

Justice W. Perry Camp committed Edward Edwards to jail Thursday forenoon in default of bond of \$500 to answer an indictment by the next criminal court grand jury, if one be found, for touching A. B. Bell here a few nights ago of \$60 in cash.

Robert B. Willison, of Willison and Dennison, real estate and insurance agents, returned last night from a trip to Florida.

BRONCHITIS

To Whom It May Concern.

Buvalda, Ont., May 4, 1910. "I was sick for two years with chronic bronchitis and a consequent run-down condition. I received no benefit from doctors or from a trip which I took for my health and I had to give up work. Vinol was recommended and from the second bottle I commenced to improve. I gained in weight and strength, my bronchial trouble disappeared, and I am at work again. I want to recommend Vinol to anyone who is in need of such a medicine." Thomas Higgins. (We guarantee this testimonial to be genuine.)

It is the combined action of the curative elements of the codeine, which is acted by the blood-making and strength creating properties of tonic iron contained in Vinol which makes it so successful in curing bronchitis.

Vinol is a constitutional remedy for chronic coughs, colds, bronchitis and pulmonary troubles, not a palliative like cough syrups.

Vinol contains no oil or drugs and is far more efficacious than cough mixtures, because it cures the cause. Try it. If you don't think it helps you, we will return your money. Stone & Mercer, druggists, Clarksburg, W. Va.

COOKING CLASS

Is to Meet in the Gore Building This Evening at 7:30 O'clock.

An evening demonstration is to be given by Miss Peet in the Gore building, the first since Miss Peet has been here showing the "Ladies of Clarksburg" the advantages of using Fleischman's yeast in cooking. It will be held at 7:30 o'clock and there will be no admission charged.

Only one afternoon after today remains for these demonstrations, which have created a wide interest and have been largely attended. It is hoped as many ladies as possible will be present this evening and tomorrow afternoon.

MINE MEN TO MEET.

A regular monthly meeting of the mine superintendents of the Consolidation Coal Company will be held at Fairmont tonight. The superintendents in this section will attend.

Mr. and Mrs. C. O. McVickers, of Mt. Clare, were here last night.

What About Brain Food? This Question Came Up in the Recent Trial for Libel.

A "Weekly" printed some criticisms of the claims made for our foods. It evidently did not fancy our reply printed in various newspapers, and brought suit for libel. At the trial some interesting facts came out.

Some of the chemical and medical experts differed widely.

The following facts, however, were quite clearly established:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash), 2.91 per cent of the total, 5.33 of all Mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07. Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus, (which join and make Phosphate of Potash), is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to

attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fog because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

In the trial a sneer was uttered because Mr. Post announced that he had made years of research in this country and some clinics of Europe, regarding the effect of the mind on digestion of food.

But we must be patient with those who sneer at facts they know nothing about.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, &c., &c., directly interfere with or stops the flow of Ptyalin, the digestive juice of the mouth, and also interferes with the flow of digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

This trial has demonstrated:

That Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

That Grape-Nuts contains that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason"

Postum Cereal Co., Ltd.,

Battle Creek, Mich.